

ESL Reading Comprehension + Writing Questions Activity on "Sleeping Hygiene"



Student's Name: _____

Sleep, an essential component of our daily routine, often eludes many individuals. While some effortlessly slip into the realm of dreams, others find themselves battling with the elusive bedtime right after night. Understanding sleeping habits, their impact on our health, and the challenges people face in achieving quality sleep is crucial for overall well-being.

For many, the struggle to fall asleep is a nightly battle fought with frustration and exhaustion. It's often characterized by difficulty falling asleep or staying asleep, a state of the mind prevalent sleep disorder affecting millions worldwide. Sleep anxiety, and poor sleep hygiene contribute to this pervasive problem, leading to a cascade of detrimental effects on physical and mental health. Dr. Sarah Reynolds, a renowned sleep specialist, sheds light on the intricate issues plaguing individuals with insomnia. "In my practice, I often encounter patients who struggle with racing thoughts, excessive worrying, and an inability to relax before bedtime," she explains. "These psychological factors, coupled with sleep habits like irregular sleep schedules and excessive screen time, manifest sleep disorder."

Moreover, Dr. Reynolds emphasizes the detrimental impact of chronic sleep deprivation on cognitive function, mood regulation, and overall health. "This doesn't mean sleep affects not only sleep," Reynolds points out, "and chronic sleep deprivation has also been linked to conditions such as anxiety, depression, and cardiovascular disease," she warns.

To gain a deeper understanding of the sleep habits and challenges faced by individuals, I have been fortunate to consult with students and teachers from diverse backgrounds.

- What is insomnia?
- Insomnia is a rare problem among people. True or False? Argue your answer from the text.
- _____
- What word Baker used to describe?
- _____
- What consequence does insomnia have on health?
- _____
- What does "anxiety" mean?
- What are the causes of insomnia among students according to Dr. Thompson?
- _____
- What is Dr. Thompson concerned about?
- _____
- Which expressions of the text "to avoid stress"?
- Which advice does Dr. Reynolds give?
- _____
- How does Dr. Thompson advocate for sleep hygiene?
- _____
- What does "chronic" mean?
- _____

Writing Activity

1. Write an essay on your sleeping habits. Do you have regular sleeping habits? Or is your bed difficult to reach down before going to sleep? Or you personally sleep irregular sleep can improve your physical and mental well-being? Write 150-200 words.
2. In the text, Dr. Thompson talks about some of the most common reasons for sleeping problems among the learners. Do you agree with her/his/why not? Write a story about your own personal experience (or problem) in sleep. Write 100-150 words.

Ideas to
make
sweet
dreams



ESL READING ACTIVITY + WRITING ACTIVITY on Sleeping Hygiene

- 1 Text
- 11 Comprehension Questions
- 2 Essay Prompts (Writing Activity)

- 3 PDF Printable Worksheets
- Ideal for Intermediate-Advanced Learners

Sleep Hacks Reading Comprehension This Week

Susan Robison



Sleep Hacks Reading Comprehension This Week:

Weekly World News ,1985-03-19 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site *Toward Reading Comprehension* Julia Florence Sherbourne,1958 *Momlandia* Jennifer Strube,Samantha Lemos,2021-02-25 When two college roommates reconnect after twenty years and find themselves both pregnant with baby girls nothing could seem more blissful That is until they actually have the babies Cue Momlandia a strange universe that looks nothing like moms of Instagram Braless sleepless and covered with milk these friends fight for their pre baby sanity the best way modern moms know how one text message at a time Together they wade through the strange vortex of momlife navigating GMO sized body parts tangled breast pumps and sudden onset husband hatred Where is the glitter filled Momtopia they were marketed Strapping on their belly bands and pulling up their postpartum panties these BFFs guzzle coffee and kale in search of organic motherhood Hand churning flax muffins while fighting their own muffintops surely they can become the selfless maternal saints they d envisioned themselves to be Or can they To all those natural moms in search of perfection we hail you one momguilt mombod momfail at a time [Coaching Skills for Academic Leaders](#) Susan Robison,2023-11-27 This practical evidence based guide equips higher education leaders with the coaching skills they need to encourage and support faculty engagement productivity and satisfaction Drawing from research in neuroscience faculty development and the scholarship of coaching this book focuses on three essential skill sets assessment setting an agenda and keeping success going This logical easy to follow process will improve how academic leaders engage with faculty thus resulting in more productive conversations and desired outcomes Experienced seminar leader and academic coach Susan Robison imparts step by step guidance and provides plentiful exercises on how to listen deeply ask meaningful questions and co create effective plans to set up faculty for success A powerful tool for department chairs program directors deans provosts and more this book will become a well used staple in any college leader s library **The Old School Advantage** J. N. Whiddon,2016-02-16 The Old School founder and acclaimed business author shares the timeless tools and wisdom you need to succeed in today s professional world In an age where information is everywhere but wisdom is elusive it takes more than technical skill to stand out In *The Old School Advantage* J N Whiddon teaches you how to use old school communication skills like delivering impactful presentations using ready recall and influencing people with WOW words and probing questions that make a lasting impression As Whiddon himself knows school never lets out no matter your age Everyone from young professionals just entering the workforce to seasoned leaders looking to stay at the top of their game can benefit from Whiddon s indispensable tools Start building a life you love and a legacy that will endure with the Old School advantage *New Worlds* Joe Cortina,Janet Elder,2003-03 *New Worlds* is an introductory college reading improvement text that applies the successful approach of the authors *Opening Doors* and *Comprehending College* textbooks and Janet Elder s

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Work Accommodation and Retention in Mental Health Izabela Z. Schultz,E. Sally Rogers,2010-11-16 Growing interest in the field of mental health in the workplace among policy makers clinicians and researchers alike has been fueled by equal employment rights legislation and increasing disability statistics in mental health The importance of addressing this topic is underscored by the fact that depression now ranks second on the hierarchy of occupational disabilities The problem is compounded by a host of factors including major difficulties in job retention and productivity experienced by persons with mental health disabilities younger age and higher education of persons with mental health problems and labor shortages and an aging workforce in many industrialized countries In addition particularly in the United States the vocational needs of army veterans returning from duty with mental health disorders require system based solutions and new rehabilitation approaches The pressure created by these powerful legislative societal and economic forces has not been matched by the state of evidence based practices in the field of employment retention and job accommodation in mental health Current research evidence is fragmented limited in scope difficult to access and adversely affected by the traditional divide between the fields of psychiatry and psychology on one hand and interdisciplinary employment research and practices on the other As a result policy makers employers disability compensation systems and rehabilitation and disability management professionals have been left without a critical how to evidence informed toolbox for occupational practices to accommodate and retain persons with mental health disabilities in the workplace Currently no single source of knowledge and research evidence exists in the field that would guide best practices Yet the need for workplace accommodations for persons with mental health disabilities has been growing and based on epidemiological trends is anticipated to grow even more in the future These trends leave physicians psychologists occupational therapists vocational rehabilitation professionals disability managers human resource professionals and policy makers poorly prepared to face the challenge of integrating and maintaining persons with mental health disabilities in the workplace The aim of the Handbook is to close the gap between the needs of the professionals and networks that work with or study persons with mental health

disorders in an employment context and the actual knowledge base in the field The Handbook will be written in language that can easily be understood by readers representing a multitude of disciplines and research paradigms spanning the mental health rehabilitation and employment fields of inquiry The Handbook will contribute an integration of the best quantitative and qualitative research in the field together with experts consensus regarding effective work retention and accommodation strategies and practices in mental health The book will consist of five major sections divided into chapters written by recognized experts in these areas **Sunday School Times** ,1888 *The Continent Weekly Magazine* ,1884

Academy; a Weekly Review of Literature, Learning, Science and Art ,1875 The Poetical gazette the official organ of the Poetry society and a review of poetical affairs nos 4 7 issued as supplements to the Academy v 79 Oct 15 Nov 5 Dec 3 and 31 1910 *Macmillan's Magazine* ,1898 *International Record of Medicine and General Practice Clinics* Frank Pierce Foster,1884 Farmer's Weekly ,1935 *The Saturday Review of Politics, Literature, Science and Art* ,1884 **The Youth's Companion** Nathaniel Willis,Daniel Sharp Ford,1871 Includes music *Current Literature* ,1891 Pick-me-up ,1890 **The Australian Journal** ,1876

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